

**POLISHING METHOD AND POLISHING FILM  
USED IN SUCH A POLISHING METHOD**

**ABSTRACT OF THE DISCLOSURE**

Disclosed is a polishing method which is effective to prevent lowering of the polishing efficiency in the later stage of polishing. The polishing method is characterized in that polishing is performed while so adjusting a polishing liquid as to have a pH of not less than 2 and less than 7.